



Understanding PTSD Therapy

Trauma-informed support for triggers, flashbacks, avoidance, and recovery



What PTSD therapy is

PTSD therapy helps people understand trauma responses, reduce distress, and rebuild safety, trust, and daily functioning.

When it can help

- MEM** Intrusive memories or flashbacks
- Z** Nightmares or disrupted sleep
- AVD** Avoiding places, people, or reminders
- ON** Feeling numb, detached, or constantly on edge
- IRR** Irritability, guilt, shame, or concentration problems
- TRU** Trouble trusting others or feeling safe

How treatment works

- 1 Stabilize first**
Build grounding, coping skills, and emotion regulation.
- 2 Understand patterns**
Identify triggers, body cues, protective behaviors, and stuck beliefs.
- 3 Process and rebuild**
Work through memories and meanings at a safe, realistic pace.

Common trauma-focused approaches

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| CPT
Cognitive Processing Therapy
Challenge trauma-related guilt, shame, and stuck points. | PE
Prolonged Exposure
Approach trauma memories and avoided situations safely. |
| EMDR
EMDR Therapy
Structured memory processing to reduce trauma distress. | TF-CBT
Trauma-Focused CBT
Build coping, regulation, and healthier beliefs. |

The LifeWise Therapy approach

Counseling is collaborative, confidential, and paced to fit the person. Sessions may include grounding skills, CBT/DBT-informed coping, trauma-focused therapy, EMDR, and values-based or faith-sensitive care when requested.



What to expect

- An initial conversation about symptoms, stressors, history, and goals.
- Practical skills to use between sessions.
- Regular check-ins so therapy stays focused, safe, and useful.



At LifeWise Therapy, we provide compassionate, evidence-based support tailored to your needs. Healing is possible, and you do not have to go through it alone.